

This listing of claims will replace all prior versions, and listings, of claims in the application:

Listing of Claims:

1. – 3. canceled

4. (Currently amended) A whistling punching bag comprising:

(a) a punching bag having a cover having an inside and an outside and filler material within the cover;

(b) a plurality of compressible pneumatic targets on extending through an opening in said cover of said punching bag such that a first half of each compressible pneumatic target is exposed on the outside of the punching bag cover and a second half of the compressible pneumatic target is on the inside of the punching bag cover, the exposed first half of a pneumatic target[[s]] being positioned to receive a strike from a user whereby the first and second halves of the compressible pneumatic target are compressed;

(c) a whistle on said punching bag apart from said operatively connected to each of the plurality of compressible pneumatic targets, the whistle being sized and shaped to audibly indicate the accuracy and force of the strike by the user; and

(d) air conduits extending from said compressible pneumatic targets to the whistle means for actuating said whistle conducting air from the compressible pneumatic target to the whistle when one or more of said plurality of compressible pneumatic targets is struck by a user.

5. (Currently amended) A whistling punching bag comprising:

- (a) a punching bag having a cover and a filler material within the cover,
- (b) at least one compressible pneumatic target attached fixed in an opening in said punching bag cover such that a portion of the at least one compressible pneumatic target is exposed on the cover of the punching bag and another portion of the at least one compressible target is within the cover; and
- (c) means for fixing said at least one compressible pneumatic target in the opening in the punching bag cover;
- (d) a whistle positioned on the punching bag apart from said at least one compressible pneumatic target , and
- (e) a pneumatic hose extending through the filler material and connecting said at least one compressible pneumatic target to said whistle.

6. (New) The whistling punching bag of claim 4 wherein said plurality of compressible pneumatic targets are arranged on the punching bag in a pattern corresponding to areas of the human anatomy.

7. (New) The whistling punching bag of claim 4 wherein each of said plurality of compressible pneumatic targets further comprises a constricted area between the first half and the second half.

8. (New) The whistling punching bag of claim 7 further comprising first washer positioned around the constricted area between the first and second halves of the compressible pneumatic target outside of the punching bag cover, and a second washer positioned around the constricted area between the first and second halves of the compressible pneumatic target within the punching bag cover.

9. (New) The whistling punching bag of claim 8 wherein the first and second washers are flexible.

10. (New) A whistling punching bag comprising:
a punching bag having a cover and filler material inside the cover;
a plurality of compressible pneumatic targets, each said target having a first half and a second half with a constricted area between the first and second halves, each said target extending through an opening in said cover of said punching bag such that the first half of each compressible pneumatic target is exposed outside of the punching bag cover and the second half of the compressible pneumatic target is within the punching bag cover, the exposed first half of each pneumatic target being positioned to receive a strike from a user whereby the first and second halves of the compressible pneumatic target are compressed;

an outer washer positioned around the constricted area between the first and second halves of the compressible pneumatic target outside of the punching bag cover,

and an inner washer positioned around the constricted area between the first and second halves of the compressible pneumatic target within the punching bag cover; attachment apparatus for attaching said outer washer to said inner washer; a whistle on said punching bag positioned apart from said plurality of compressible pneumatic targets; and air conduits extending from said compressible pneumatic targets through the filler to the whistle for conducting air from the compressible pneumatic target to the whistle when one or more of said plurality of compressible pneumatic targets is struck by a user.